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## **ANNOUNCING ROAD II COURSE**

The Florida Bicycle Association Education Program, in collaboration with the Everglades Bicycle Club presents this Road II course.

**When?** Sunday, June 4, 2006

**Time:** 8:00-5:00 P.M.

### **What will participants learn?**

This 8 hour course is designed for more advanced students with an understanding of vehicular cycling principles, and includes fitness and physiology, training for longer rides, advanced mechanics, paceline skills, advanced traffic negotiation, foul weather riding and night riding. Student manuals included with each class.

### **How much does the workshop cost?**

\$30.00 registration fee

### **Location:**

Castellow Hammock Park and Nature Center

22301 S.W. 162 Ave.

Miami, Fl 33170

### **What do I need to bring?**

Please bring a bicycle and helmet. If you do not own a bicycle or helmet, they can be provided: please indicate if you will need a bicycle or helmet when pre-registering.

### **If you are interested in participating in this training, please contact:**

### **Everglades Bicycle Club**

Evelyn Abrahante, Education Chair

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